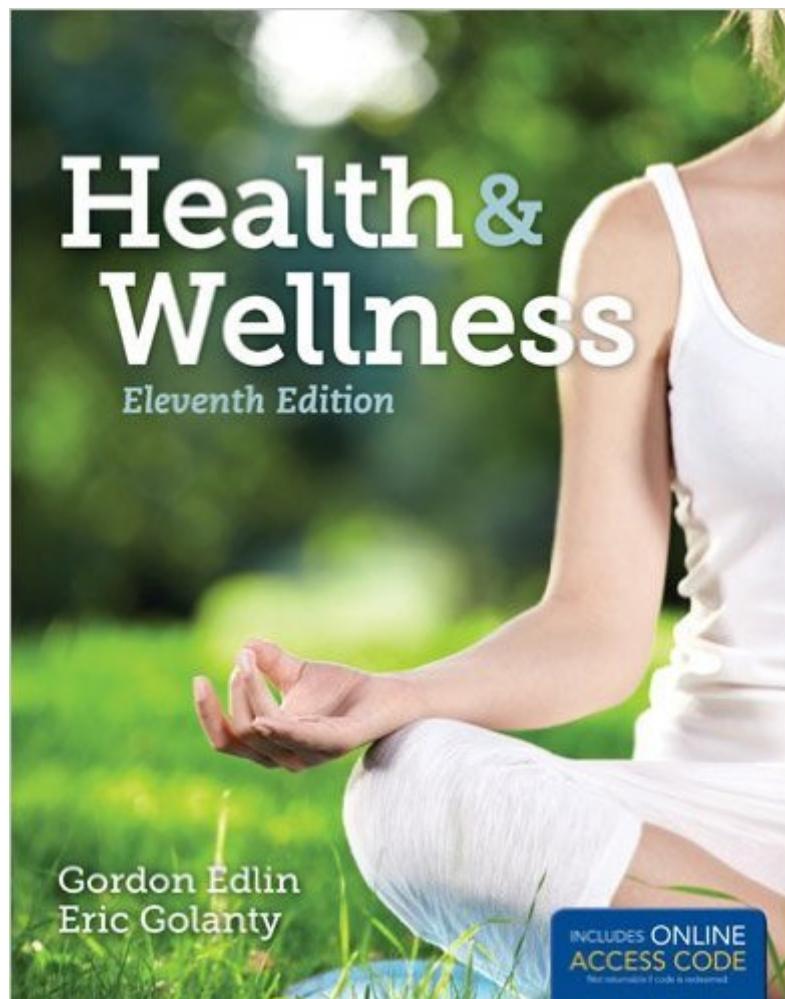


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# Health & Wellness, 11th Edition



## **Synopsis**

Revised and updated throughout with the latest data and statistics, the Eleventh Edition of Health & Wellness engages students with specific tips and guidelines to help them evaluate and improve their health habits. The text, along with the accompanying website, encourages students to learn the skills they need to enhance the quality and longevity of their life. Health and Wellness covers the many perspectives of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives, with a central theme of self-responsibility for oneâ™s behavior. The For Your Health Study Guide and Self-Assessment Workbook is now available in the back of the book at no additional cost. Perforated pages allow lab activities to be submitted for evaluation and grading.

## **Book Information**

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## **Customer Reviews**

I ordered this book as the text for a class on Wellness Principles and I had hoped that this book would be a source of useful information about healthy living in all aspects of life, but I haven't gotten past the first chapter of this book yet and already I feel like I am reading a government policy news release. If the rest of this book follows the model evident in this opening chapter I will be deeply disappointed. So far I am finding that well-researched data is secondary in importance to advocating for government policy, specifically the "Healthy People 2010" plan released by the government. Most of the first chapter is focused on this plan, missing the opportunity to discuss in any meaningful way how college students and everyone else can make healthy decisions, focusing on the less than 5% of college students not using contraceptives rather than on the ever increasing problems

resulting in the binge-drinking and general alcohol abuse that is such a problem among college students that leads to unprotected sex, violence, car accidents, etc. When discussing eating healthy it avoids ideas such as learning to recognize healthy option even when one is in a hurry and has to drive-thru and goes instead with inflammatory claims that fast food vendors are purveyors of Type 2 Diabetes knowingly damaging their customers' health to make a profit. The the insistence that "fatty foods" are the cause of all of America's worst health risks not caused by tobacco, a claim that has been in doubt for more than the last 3 years, but this book sells it as incontrovertible fact, is worrisome enough, but that it also claims that Diabetes is treated with low fat diets and drugs, making no mention at all about carbohydrate intake and the use of the glycemic index is distressingly inaccurate.

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